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Symposium held to discuss integration of armed forces

BY STAFF SGT. JEFF JANOWIEC MCRD Public Affairs

A lot of things have changed 60 years after President Harry S. Truman signed Executive Order number 9981, which mandated the integration of the armed services in 1948.

Six decorated black veterans from the Tuskegee Airmen, Montford Point Marines, Buffalo Soldiers and Navy sailors spoke to the crowd in the Veterans Museum and Memorial Center in Balboa Park Feb. 20 about their history in a time when the United States was lawfully segregated.

"You have a panel here of people who were segregated," said Rep. Bob Filner, San Diego.

"Before 1948 we had African-American soldiers who had to fight separately and then come back into this country to face a segregated society," said Filner. "Martin Luther King Jr. said, 'You can't keep a man from not loving me, but you can keep him from lynching me,' and that is what Truman's order did."

Black Americans had an uphill battle to fight, not just in combat but in the military as well, especially before 1948. The majority of the people in the United States did not consider them as reliable and worthy members of society. They were suppressed because of the color of their skin.

"There was a perception, a stereotype, that colored people were not intelligent enough to fly airplanes," said Robert Maxwell, World War II Tuskegee airman and

current president of the Tuskegee Airmen, Davis Chapter.

This was a comment that pervaded the panel's thoughts: Blacks weren't good enough in the eyes of mainstream America

Through the need for more pilots in the war, due to the German's overwhelming force in the sky, Congress set up civilian pilot training at 38 colleges including six of which were predominately black colleges, according to Maxwell.

Of these six colleges, the War Department set up segregated training at the Tuskegee Institute in Alabama. Though black organizations and newspapers opposition to the segregated status, Maxwell said that the Tuskegee Army Airfield remained a segregated training ground for the entire the war. This led to a segregated group of pilots who made up the 332nd Fighter Group.

In the middle of 1944, the U. S. and Allied forces conducted daytime raids in B-24s and B-17s with massive bombardments of strategic German industry and defenses. Though it worked well and destroyed a lot of the enemy forces, Maxwell said that the Allies were losing about 10 bombers a day.

Due to the high attrition rate of the low-flying bombers, the 332nd was put into action and escorted 200 bomber runs, said Maxwell. The 332nd proved to be a needed force in the war, further opening the door to their acceptance as "full-blooded" Americans

Inside their high-flying P-51 fighters,



From right to left, Samuel Henry Jr., John Stewart, Representative Bob Filner, 52nd District, Calif., Willie Blair and Stu Hedley watch a symposium marking the 60th Anniversary of the integration of the Armed Forces held at the Veterans Museum and Memorial Center in Balboa Park, Calif., Feb. 20. Behind them is a mural depicting the Japanese attack on Pearl Harbor Dec. 7, 1941, a time when there was segregated military service.

Staff Sat. Left Japanese (MCRD Public Affairs

the men shot down German airplanes and attacked German installations.

"They were flying back from a mission and saw a German destroyer," said Maxwell. "They only had 50 caliber machine guns, yet these two Red Tail P-51s shot at it and to everyone's surprise the destroyer blew up."

He said the 332nd flew more than 1,500 sorties and shot down about 200 aircraft. There were about 450 pilots who served in operations over Germany of which 66 were killed in action and 30 captured as prisoners of war.

After the war, Maxwell said that their battle-proven and decorated group came back to a divided nation.

"They saw signs saying, 'White folk this way. Colored folk this way'" said Maxwell. His story represented a mindset and an attitude, brought out by the panel, held by American society.

"Reading about this stuff from a textbook is boring, but getting it firsthand like this is mind-blowing," said Johnell Jackson, 16, Madison High School.

SEE Black History, pg. 2

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Depot Marines were among the 1,000 Southern California military service members who attended the Feb. 24 NASCAR race in Fontana, Calif. The Yellow Ribbon Team, a group dedicated to supporting America's troops, donated the tickets. Lance Cpl. Robert W. Beaver/Chevron

Local organization treats military to NASCAR

BY LANCE CPL. ROBERT W. BEAVER Chevron staff

Service members from across Southern California were given a free opportunity to attend a racing event held at the Auto Club Speedway in Fontana, Calif., Feb. 24.

Partnered with the Auto Club 500, the Yellow Ribbon Team donated 1,000 tickets to service members for the NASCAR Sprint Cup Series event. The Armed Services YMCA helped the organizations distribute the tickets throughout the military installations.

"We did this to keep service members' chins up and smiles on their faces," said Doug Johnson, a co-founder of the Yellow Ribbon Team. "We want to show them our appreciation for their service to our country."

The Yellow Ribbon Team is a

San Diego-based organization set up to help active duty military and their families. Johnson said there is a lot of service member-interest in NASCAR events, making this a good opportunity for them to say thanks to the military.

The demand for the \$75 tickets was so high that they were gone within hours on the day they were made available.

"I was not a fan of NASCAR at first," said Lance Cpl. Jorge Pinon, administrative clerk, Headquarters and Service Battalion. "It was really entertaining once the race started. I was impressed by the sound and speed of the cars flying by."

Pinon said he did not realize how entertaining racing could be. He said it is a sport that needs to be seen from the sidelines to be enjoyed. He plans on attending another NASCAR event in the future. Although the race was delayed several hours then cancelled at lap 87 because of the inclement weather conditions that resulted in two separate crashes, some service members said they had fun at the event.

"I am very grateful for the role the (Yellow Ribbon Team) plays in military life," said Pinon, who attended the event with his father. "They give us the chance to do things that we wouldn't normally do. They are a great organization and I appreciate their support."

Johnson said the organizations are planning to make tickets available again to service members when NASCAR returns to the Auto Club Speedway in August.

For more information on Yellow Ribbon Team events, visit their Website at www.yellowribbonteam. com.



Western states educators tour depot

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RECRUIT SPOTLIGHT

British emigrant becomes American Marine



8

America's real celebrities are not on screen

BY CPL. CARRIE BOOZE Chevron staff

As I flipped through the pages of popular entertainment and tabloid magazines that littered the dentist's office, I couldn't help but notice the types of people society deems as celebrities.

There are entire publications, internet sites and television channels devoted to tracking celebrities, whom many of today's youth consider to be role models.

Since joining the Marine Corps, I have developed a new opinion of who is worthy of being celebrated.

Real celebrites can't be found walking down the red carpet or accepting an Oscar. They aren't being chauffeured around in limousines or spending their days relaxing in spas. They are the thousands of men and women who selflessly serve this country every day.

The people worth looking up to are individuals like Cpl. Jason Dunham. While he and other Marines were manning a checkpoint in Karabilah, Iraq, an

insurgent leapt from his car and attacked Dunham. When the insurgent dropped a grenade, Dunham threw himself on top of it to shield his fellow Marines from the blast, giving his life for his country. He was posthumously awarded the Medal of Honor for his selfless action.

The real celebrities are the soldiers from the Army's 1st Brigade Combat Team, 4th Infantry Division, who engaged in Operation Red Dawn with the assignment to kill or capture Saddam Hussein. The soldiers courageously hunted and captured Hussein in Adwar, Iraq.

The person to idolize is not the MVP who scored the winning touchdown in the Super Bowl, but someone like Sgt. Maj. Bradley Kasal. During Operation Al Fajr, Kasal absorbed a grenade blast, took enemy fire and refused medical attention to rescue and save the lives of his wounded Marines inside Fallujah's "House of Hell"

The recruiters and drill instructors who dedicate their lives to finding and making Marines are the real celebrities for ultimately securing our country's freedom.

It disgusts me every time a "legitimate" news station interrupts with breaking news about another famous person being charged with driving under the influence. It is as if the news station is oblivious to the fact that our country is currently at

Rock stars' drug-induced deaths are commemorated on the news, while the service members who spend their days in the sweltering heat and the blistering cold protecting America's freedom, are anonymous as they live and die.

Service members are rarely covered on the evening news unless they get into trouble. Society seems to be more concerned about movie stars than they do about the progress we are making overseas.

By sensationalizing media's celebrities we are only feeding the problem; and, if we stop embracing the tabloids, we can end the demand and focus on more important issues.

St. Patrick's Day 3-Mile Fun Run and Walk

BRIEFS

perform at depot

Battle Color Detachment to

The U.S. Marine Corps Battle Color

Detachment will perform on the depot

March 8 at 2:30 p.m. on Shepherd

Memorial Drill Field. The event is

open to the public. The Battle Color

ceremony features the U.S. Marine

Drum and Bugle Corps, the Silent Drill

Platoon, and the Marine Corps Color

Guard, all of which are attached to

Marine Barracks, Washington, D.C.

of ceremonies annually across the

country and abroad.

These Marines participate in hundreds

The annual Marine Corps Recruit Depot San Diego St. Patrick's Day Fun Run is March 14 at 1 p.m. Race-day registration begins at 10: 30 a.m. For online registration, visit www.mccsmcrd.com, or call (619) 524-0548 for more details. Registered finishers will receive a free T-shirt. Awards will be given to the top three finishers in each category. A raffle, free food and prizes will be provided after the run.

National Prayer Breakfast

The National Prayer Breakfast will be March 20 from 7 to 8 a.m. at Duncan Hall. National Prayer Breakfasts are held around the country each year, to support our nation through prayer and to celebrate our nation's spiritual and moral heritage. The theme of this year's prayer breakfast is "Prayer! America's Strength and Shield." The guest speaker will be Gerald McRaney, star of "Major Dad," "Promised Land," and "Jericho."

Healthy Cooking Class

A Healthy Cooking Class will be held March 4 from 5:30 to 7 p.m. at the Bay View Restaurant. Learn how to create easy, healthy and delicious salads for you and your friends! Sign up online at www.mccsmcrd.com. Space is limited.

Cheerleading clinic

Learn the fundamentals of cheer-leading, cheers, chants and dance on the field next to the Fieldhouse Gym. A one-hour class will be offered to children aged five to 14 years old Wednesdays from 5 to 6 p.m. Cost is \$30 per person. For more information, call (619) 524-4428.

Tax Center

Free income tax preparation is offered to active duty, reservists on active duty, retirees and dependants through April 15 at the Legal Assistance Office, Bldg. 12, across the street from the Depot Fitness Center. Those interested in this service must bring a Social Security card, photo identification, W-2 forms, 1098/99s, 2006 tax returns, bank account and routing numbers, child care tax IDs and amounts paid, interest and bank statements, tuition documents and spouse powers of attorney. Call (619) 524-4110 for information Monday through Friday, 8 a.m. to 4:30 p.m.

SEND BRIEFS TO:

roger.edwards@usmc.mil. The Chevron staff reserves the right to publish only those briefs that comply with Department of Defense regulations and the standards of the U.S. Government.

MCCS, San Ysidro Health Center sponsor depot heart screening event

Sgt. Antwane Green, a reservist with **Marine Aviation Logistics Squadron** 41, waits for his pulse reading during a cardiovascular health screening provided by Marine Corps Community Services and the San Ysidro Health Center Feb. 13 at the Depot Fitness Center. The event was free for retirees, service members and their families. The health professionals counseled the patients on their results from the tests, informing them about what lifestyle changes may be needed. "Cardiovascular heath is extremely important," said Michelle R. Nail, health promotions coordinator. Lance Cpl. Robert W. Beaver/Chevror



Black History, from pg. 1

Jackson was one of the many high school students who attended the symposium. He shared a general feeling of his fellow ROTC students from Madison and also from Hoover High School.

"Several students commented to me that it made history come alive," said Ellen Towers, academy director and web design teacher, Hoover High School. "All the kids enjoyed it and it was one of the better field trips we've had."

The Hoover students collected background information about each panel member before they went to the symposium. This familiarity with the members proved helpful to them, as the panel talked at a higher level than the students could otherwise have understood, she said.

"They got to see living history," said Towers. "This was an amazing collection of people who changed the world as we know it.

"We hope our students walked away



Robert Maxwell, a World War II Tuskegee Airman and president of the Tuskegee Airmen, Davis Chapter, exhibits the Gold Medal recently awarded by Congress to the Tuskegee Airmen for their service in the military during a time of segregation. Maxwell and five other African Americans spoke at a Black History Month symposium at Veterans Museum and Memorial Center in Balboa Park on Feb. 20, about segregation and how things have improved since President Truman signed Executive Order 9981 60 years ago, integrating America's armed forces. Staff Sgt. Jeff Janowiec/MCRD Public Affairs

with the importance of these military stories and that they saw the courageous people who we don't often hear about," said Towers. "These are the people who put their ideas into society. A community of people who set out determined to change things."

When the panel was asked how the morale of the Black Americans was while they were in the military during those segregated days, the response was that morale in their units was high, partly because they were faced with a challenge, an obstacle they had to overcome to give themselves and their entire race credibility and equality among their white brethren in the United States.

"People had to understand that in a fox hole the only color that would be shared (between whites and blacks) was the red blood," said Michael Thomas, retired Navy chief petty officer and current chairman of the Veterans Armed Forces Committee.

Through Truman's Executive Order 9981, the walls of separation began to come down in America. Integration was not immediate, however, as it came fully through the Civil Rights Movement.

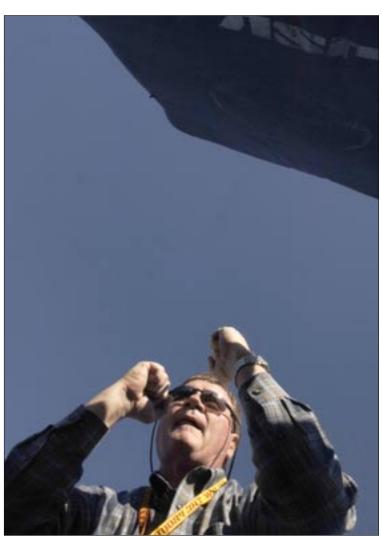
"Integration couldn't have happened if Truman hadn't taken the courage to issue the executive order," said Maxwell. "Today we have an armed service that has all races and genders in it."

Educators Workshop 2008



Left, Amber Walker, counselor, Phoenix Christian High School, Phoenix, punches the sparring pad held by Vicki Peek, counselor, Front Range Community College, Colo., during the Marine Corps Martial Arts Program portion of the Educators Workshop Tuesday. These educators are from Recruiting Stations Denver and Phoenix and are part of the 8th Marine Corps District. The workshop gives educators the chance to learn about the Marine Corps. Lance Cpl. Charlie Chavez/Chevron

Western states educators tour Marine recruit training



Jerry Becking, counselor, Gering High School, Gering, Neb., prepares to punch a sparring pad held by a fellow educator during the Marine Corps Marital Arts Program activity. The educators also participated in the Bayonet Assault Course, which is a prerequisite for recruit graduation.

BY MCRD SAN DIEGO PUBLIC AFFAIRS

High school administrators, teachers and counselors from Colorado, Arizona, Wyoming, South Dakota and Nebraska experienced a weeklong synopsis of Marine Corps recruit training during the Educators Workshop Monday through today.

Drill instructors greeted the busloads of visitors similarly to the way they greet every recruit on the famous yellow footprints.

The drill instructors use the yellow footprints as an initial chance to make their intimidating presence known to the recruits. They run and yell, quickly describing the rules of training.

"I was really nervous and I knew I didn't want to get highlighted," said Amber Walker, counselor, Phoenix Christian High School, Phoenix. "I think this will help me to give advice to students interested in the military."

Classroom briefs describing the entire enlistment process, including recruiting, joining the Marine Corps, boot camp graduation, and the Fleet Marine Force, and informed the educators about Marines' lifestyles.

Educators were invited at the end of the first day to take part in the Bayonet Assault Course on the depot. They maneuvered through obstacles, crawled through tunnels and carried rubber M-16A2 service rifles while wearing flak jackets and Kevlar helmets.

"It was awesome," said Phil Gardunio, assistant athletic director and football coach, Salida High School, Salida, Colo. "It's exhilarating to be out here with these young (Marines) having the time of my life."

The educators also visited Weapons Field Training Battalion, Edson Range, Marine Corps Base Camp Pendleton, Calif., to witness weapons firing and field training.

Educators leaving the depot today said that they have a better understanding of the Marine Corps and the young men and women who embody it.



Josh Brink, history and English teacher, Accelerated Learning Center, Phoenix, experiences the introduction of platoon drill instructors that recruits initially undergo. Educators from Recruiting Stations Phoenix and Denver spent a week learning about the Marine Corps.

Lance Col. Charlie Chavez/Chevron

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Company K recruits evacuate a "wounded" training dummy named Fred to complete the Day Infiltration Course at Edson Range, Camp Pendleton, Calif., Feb. 20. The course, known as Copeland's Assault, was named after Sgt. Willie L. Copeland III, a reconnaissance Marine who was awarded the Navy Cross for his valiant actions during combat in Iraq in 2004. Lance Cpl. Robert W. Beaver/Chevron



Recruit Nicasio Zamora, obstacle of the Day Infil

Crucible obstacle reinforces recruits' battle drills

BY LANCE CPL. ROBERT W. BEAVER

ungry, tired and soaked from the rain, Company K recruits rushed out of disabled amphibious assault vehicles and began the Day Infiltration Course at Edson Range, Camp Pendleton, Calif., Feb. 20.

The course is designed to reinforce the importance of the battle drills recruits learn in boot camp. According to the Crucible's Standard Operating Procedures, the Day Infiltration Course is meant to simulate an actual assault that occurred in Iraq.

Like all Crucible obstacles, this course represents a particular event that occurred in Marine Corps history. Known as Copeland's Assault, the Day

Infiltration Course is based on the story of Sgt. Willie L. Copeland III, a reconnaissance Marine who was awarded the Navy Cross for his valiant actions during combat operations in Iraq in 2004.

Responding to an ambush on the convoy he was escorting, Copeland led his Marines across an open field to a covered position to assault the attacking insurgents.

During his push, his platoon commander was shot. Copeland used his own body to protect his commander as he provided medical care to him.

After evacuating his commander, Copeland returned to his team's position and helped them to safety.

During Copeland's assault, 10 insurgents were killed and the remaining enemy combatants fled. The Day Infiltration Course is based on these actions.

The course involves four-man teams dismounting their disabled vehicles to attack a fortified enemy position.

The recruits advanced across an open field; crawled through mud, under barbed and concertina wire; jumped over trenches; scaled a wall and simulated evacuating a wounded teammate using a rubber dummy named Fred.

"This is an effective obstacle because it conditions them for combat and instills a combat mind set," said Sgt. Cole Hoyt, field instructor, Weapons and Field Training Battalion. "They go through this hardship now so when they go to combat, it's like second nature."

Positioned along the course are two air-powered rifles that imitate machine gun fire, and boomer pits that simulate artillery explosions which add a realistic feel to the training, said Hoyt.

The effects also create a stressful and confusing environment for recruits, said Hoyt.

"The explosions were a little scary at first but they really helped add to the training," said Recruit Luis Dunn, Platoon 3233. "We have to train like we fight or else we wouldn't learn anything."

The Day Infiltration Course placed the recruits in Copeland's shoes. Having experienced a mock version of Copeland's assault, they were able to use the small unit tactics they learned in boot camp.

"We train for war every hour of the day," said Hoyt. "No matter what (military occupational specialty) they are, this course is important because these recruits will become Marines, and all Marines are riflemen first."



native's tactical helmet designates him as the team le

Recruit Luis Dunn, Platoon 3233, Company K, shouts

Company K recruits crawl through sand, under barbed and concertina wire, while running the **Day Infiltration** Course. Recruits begin the course by dismounting disabled amphibious assault vehicles and advancing across an open field. The training scenario resembles events from Copeland's Assault in Iraq in 2004. Lance Cpl. Robert W. Beaver/Chevron



Platoon 3235, Company K, sprints to the next tration course. Lance Cpl. Robert W. Beaver/Chevron



A Company K recruit cleans his rifle to ensure it works after crawling through most of the Day Infiltration course.

Lance Cpl. Robert W. Beaver/Chevron



Recruit Shane Cell, Platoon 3233, Company K, pushes Fred, a training dummy, under an obstacle. Lance Cpl. Robert W. Beaver/Chevron



Gunnery Sgt. Jeffrey Lee, right, senior drill instructor, Platoon 3233, Company K, shows Recruit Brent Bollinger, from his platoon, the proper way to present his rifle for unloading and clearing inspection. Lance Cpl. Robert W. Beaver/Chevron





Planning his next move after a barrage from the boomer pits (an artillery explosion simulator), Recruit Joseph Avila, Platoon 3233, Company K, emerges from a covert obstacle. Lance Cpl. Robert W. Beaver/Chevron

From London to the Midwest

New Marine will serve his new-found country

BY LANCE CPL. CHARLIE CHAVEZ Chevron staff

From behind the bar of a pub in England to behind the iron sights of a rifle in the Marines, one Company K Marine joins the Corps of his adopted country.

Pvt. Robert M. Rogerson, Platoon 3235, lived in London his entire life until he married an American woman in May 2007.

Rogerson, 21, and his wife, Melissa Klinsky, began their relationship as pen pals in 2005 through an online social-networking site.

Rogerson was in college in Warwickshire, England, where he was working on degrees in military history and politics while employed at a pub.

The two wrote back and forth for six months and they became close friends.

"She loved everything British," said Rogerson. "The Beatles, British candy, British accents,

the queen and the entire royal family."

During Christmas time in 2005, Rogerson decided to visit America and see Mount Rushmore and the Mall of America. He asked Melissa if he could stay with her in Huron, S.D., and she accepted.

Rogerson and Melissa began as friends, but they soon became romantically involved during his visit

A year after his visit to the States, Melissa came to England and Rogerson proposed to her.

They decided to marry in May 2007 in Huron wanting to begin their family in America.

"With gas prices at \$12 a gallon, and the government taking about 60 percent of your paycheck for taxes, it was a good financial choice (moving to America)," said Rogerson. "In America, if you work hard and play hard you can get anywhere."

Once in America, Rogerson worked at a Target department store and decided to continue his

education, but he encountered a problem. In England, medical and educational benefits are free and Rogerson didn't know how he was going to pay for school.

His wife recommended he enlist in the Army National Guard and he began researching the idea. During this time, his wife's best friend married a Marine who spoke with Rogerson about the Corps.

He told Rogerson about American military services and his opinion of the professionalism of the Corps over others, said Rogerson.

Rogerson decided he wanted to be part of the Marine Corps.

He soon visited a recruiter, joined the Delayed Entry Program in early November and left for training the next month.

"I feel that I have a debt of gratitude to America for living here," said Rogerson. "It's a great country."

Rogerson's patriotism helped him to stand out in his platoon, and his senior drill instructor Sgt. Joe A. Palacios, Platoon 3235, Co. K, said that he was a very good recruit and now Marine.

"He may not be the fastest or strongest recruit, but he has the values you want in a Marine," said Palacios. "I would take him into the battlefield with me."

Rogerson's devotion to his new country comes from a very pro-American perspective on the current war and the liberties he has enjoyed in America.

Early in training, he was feeling sad about being away from his new bride. He also said that he did not receive mail in the first two weeks.

Rogerson's senior drill in-



Pvt. Robert M. Rogerson, Platoon 3235, Company K, receives the eagle, globe and anchor during the Emblem Ceremony at Weapons Field Training Battalion Edson Range, Marine Corps Base Camp Pendleton, Calif., Feb 21. Lance Cpl. Charlie Chavez/Chevron

structor helped him call his wife to alleviate his worry.

Rogerson adapted to the training and began to flourish in the platoon. During the second of three phases, Rogerson fired and held a weapon for the first time of his life. He said it's illegal to have firearms in England.

"The first time I went to Walmart I was surprised because not only could I buy my groceries and clothing but also a semi-automatic weapon," said Rogerson.

His new-found freedom of

owning a firearm in America is only a small reason why Rogerson is thankful to be a Marine.

Rogerson said he is particularly impressed with the number of representatives individual states have within the American government.

Having completed one of the most difficult things in his life, Rogerson said he finishes training satisfied to know that he is part of the Marine Corps and that he can pay America back for letting him stay and achieve his citizenship.



Pvt. Rogerson marches towards the dining facility for the Warriors Breakfast after earning the title Marine during the Emblem Ceremony.

| Ance Col. Charlie Chaves/Chevron

Retired Col. Fraser E. West

PARADE REVIEWING OFFICER

Col. Fraser E. West was born in Washington, D.C. in March 1918. He graduated with a Bachelor of Science degree from the University of Nevada in June 1940. Enlisting in the Marine Corps in October 1940, West was immediately ordered to Marine Barracks, Quantico, Va., and was assigned to the First Candidates Class. In February 1941, he was commissioned a second lieutenant and entered the Reserve Officers' Course at Marine Corps Base Quantico, Va. He then attended Field Artillery School at MCB Quantico from September 1941 to January 1942.

From January to November 1942, West served with the 5th and 7th Marine Regiments as a platoon commander, and landed on Guadalcanal with the 1st Marine Division. In December 1942, he became the commanding officer of Company G, 2nd Battalion, 9th Marines, 3rd Marine Division, and was awarded the Silver Star Medal for actions during the attack on Fonte Hill on Guam in the Marianas Islands.

Following a short tour of duty as the liaison officer for selective service in Carson City, Nev., West served consecutively as the company commander, battalion executive officer and battalion commander for 1st Service Battalion in Tientsin, China, from May 1946 until September 1947. Assigned to the Midwestern Recruiting District, he then served as officer in charge of the Marine Corps Recruiting Station in St. Louis until August 1950.

After attending the 1950-1951 Senior School at Marine Corps Schools at MCB Quantico, West became an instructor at the Basic School from March 1951 until August 1952. During this period, he was also battalion commander for the Basic School's 1st and 2nd Training Battalions at different times. In addition, he served as executive officer of the Basic School.

A tour of duty as special services officer for Marine Corps Schools at MCB Quantico followed before West was transferred to Korea and became the assistant chief of staff, logistics, and the liaison officer for the 1st Marine Division in September 1953. He then commanded the 1st Battalion, 7th Marines from January to August 1954.

West's next assignment was with the Staff of Commander in Chief, Pacific Fleet, Pearl Harbor, Hawaii, where he served as the assistant plans and development officer from September 1954 until July 1957 when he was transferred to the Naval Ammunition Depot in Concord, Calif.

West served as commanding officer of the Marine Barracks. He was promoted to colonel July 1959 and was reassigned to the now deactivated Department of the Pacific in San Francisco as the plans and training officer in December 1959. He was reassigned as the executive officer of the Treasure Island Marine Barracks in June 1960, and assumed command of the Marine Barracks in May 1962.

West retired from the Marine Corps in 1964 after more than 23 years of service.





COMPANY HONOR MAN Lance Cpl. M. J. Butler Colorado Springs, Colo Recruited by Staff Sgt. B. K. Potier



on 3233 **SERIES HONOR MAN** Pfc. R. Cancio Fullerton, Calif. Recruited by Gunnery Sgt. J. Contresas



PLATOON HONOR MAN Pfc. K. A. Citarella Riverside, Calif. Recruited by Staff Sgt. E. J. Heyner



PLATOON HONOR MAN Pfc. M. D. Lairdgronsky Arlington, Texas Recruited by Gunnery Sgt. J. Laird



PLATOON HONOR MAN Pfc. C. M. Smith Ahon, III. Recruited by Gunnery Sgt. R. Golden



PLATOON HONOR MAN Pfc. K. Z. Yellin Dallas Recruited by Staff Sgt. J. MaCarty



HIGH SHOOTER (233) Pvt. A. R. Logan Waco, Texas Marksmanship Instructor Sgt. M. P. Mangio



HIGH PFT (300) Pfc. J. B. Stevens Seattle Recruited by Staff Sgt. R. J. Shoaf

COMPAN



About half way through the 54-hour Crucible, recruits from Platoon 3233, Company K, await further instructions at Edson Range, Camp Pendleton, Calif., Feb. 20, before tackling the next event. Lance Cpl. Robert W. Beaver/Chevron

THIRD RECRUIT TRAINING

BATTALION Commanding Officer Lt. Col. R.W. Jones Sergeant Major Sat. Mai. B. M. Link Chaplain Lt. R. T. Rinaldi Battalion Drill Master Gunnery Sgt. D. A. Lopez

COMPANY K

Commanding Officer Capt. R. D. Wolfe Company First Sergeant Gunnery Sgt. R. R. Radford Company Corpsman
Petty Officer 3rd Class J. N.

LEAD SERIES

Capt. R. J. Stinnett Series Chief Drill Instructor Gunnery Sgt. D. A. Ellington

PLATOON 3229 Senior Drill Instructor

Staff Sgt. C. M. Weiss Drill Instructors Sgt. J. B. Archbell Sgt B. Remington Sgt. J. C. Vega

Pfc. M. E. Abraham Jr. Pfc. R. L. Alger Jr. Pfc. K. D. Almazan *Pfc. A. M. Amburgy *Pfc. G. J. Arias Pvt. J. A. Beasley Pvt. J. K. Becenti Pvt. R. Begay Pvt. D. C. Blake Pfc. J. G. Bounds Pvt. R. E. Burlison *Lance Cpl. M. J. Butler Pvt. G. P. Castro Pvt. D. T. Charrette *Pfc. K. W. Cherry Jr. Pvt. C. J. Chojnacki Pvt. A. J. Corn Pvt G D Crowder Ir Pvt. R. L. Dobbe Pvt. K. E. Doyle

Pfc. D. V. Fashbaugh Pvt. T. D. Flohe Pvt. O. Flores Pvt. J. J. Flores-crose Pfc. E. T. Frank Pvt. E. M. Garza Pvt TA Goldthwaite Pvt. J. L. Gonzalez Jr. Pvt. V. G. Graham Pvt. A. C. Gurski Pfc. A. M. Hall

Pvt. K. W. Hallman

Pvt. J. M. Hernandez

Pvt. J. M. Hormann

Pfc. T .O. Howser Pvt. S. C. Hutchinson Pfc. T. J. Jackson *Pfc. S. P. Kelly Pvt. M. R. Kerber Pfc. D. L. Koller Pvt. J. A. Lasha Pvt. B. T. Nguyen Pvt. D. J. Odom

PLATOON 3230 Senior Drill Instructor Staff Sgt. I. R. Quan Drill Instructors Sqt. F. A. Barraza

Pvt. R. Aragon Pvt. K. L. Babbitt Pvt. N. W. Ball Pvt. R. R. Ballard Pvt. D. L. Batiste Pvt. M. G. Bentley Pvt. C. T. Bernard Pvt. C. V. Berndt Pfc. A. A. Bhoja Pvt. J. N. Bird Pvt. E. L. Blanco Pvt. R. K. Blankenship Pvt. C. A. Bowier Pvt. S. A. Buck

Sgt. R. E. Desenganio Sgt. J. R. Sampson *Pfc. L. Almaguer

Pfc. J. D. Burke

Company K recruits walk down the opposite side of the final hill, the Reaper, during the Crucible. Lance Cpl. Charlie Chavez/Chevron

Pvt. J. L. Canafax Pvt. B. J. Candelario Pvt. J. M. Capron Pvt. J. M. Cavanaughspain *Pfc. K. A. Citarella *Pfc. C. R. Coleman Pvt. D. A. Coyt Pvt. D. Delhierro Pvt. C. E. Dix Pfc. M. E. Eckrich

Pvt. C. Guardado Pvt. J. Guiles Pvt. J. R. Hale Pvt. J. Hernandez Pfc. J. A. Hindman Pvt. A. F. Hollyday Pvt. A. L. Jordan Pvt. C. K. Kurtice Pvt. P. D. Rosenberg PLATOON 3231 Senior Drill Instructor Staff Sgt. B. Bethelmie

Drill Instructors

Sgt. R. S. Dunn

Sgt. J. L. Fernnandez

Pvt. J. L. Edwards

Pvt. J. M. Fleury

Pvt. J. S. Forester

Pvt. J. J. Fragosa

*Pfc. M. D. Getzlaff

Pvt. K. A. Gonzalez

Pvt. R. L. Frahm

Pvt. J. Garcia

Pvt .I Gilbert

Pvt. J. S. Alleman Pvt. B. J. Baldeshwiler Pvt J K Biesemever Pfc. J. B. Blasingame Pvt. J. T. Borchardt Pfc. D. M. Bradshaw Pfc. J. D. Cannon Pvt. R. A. Carboni *Pfc. R. F. Clav Pvt. J. Conaway Pvt. B. J. Council Pvt. G. L. Cundiff Pvt. T. S. Dickey Pfc. D. R. Doinoff *Pfc. C. D. Doughty Pvt. I. K. Dow Pvt. J. W. Dreyer Pvt. J. R. Gavheart Pfc. C. D. Haddock Pvt. S. M. Hammet Pvt. D. S. Hardy Pfc. J. D. Harris Pfc. J. C. Hawkins Pvt. D. J. Horne Pvt. K. A. Hurn Pvt. D. L. Johnson Pvt. E. W. Johnson

Pvt. K. I. Kaalele-Von Oelhoffen Pvt. R. P. Kirby *Pfc. M. D. Lairdgronsky Pvt. S. R. Lawrence Pvt. W. Manuel Pvt. G. H. Markle Pvt. J. D. Moreno Pvt. J. N. Murphree Pvt. J. W. Paluch Pvt. J. R. Pohlman Pvt. K. A. Rice Pfc M T Russell Pvt. L. D. Sanchez Pvt. M. J. Scott Pvt C A Smith Pfc. J. A. Sparks *Pfc. C. G. Tagawa Pfc. T. Tchiena Pvt. J. R. Tellez Pfc. K. S. Wingrove

FOLLOW SERIES Series Commander 1st Lt. P. G. Roberts Series Chief Drill Instructor Gunnery Sgt. M. W. Mathis

PLATOON 3233 Senior Drill Instructor Gunnery Sat. J. B. Lee Drill Instructors Gunnery Sgt. R. J. Alexander Staff Sgt. R. T. Gusevik

Pvt. J. Arellano Pvt .I Avila Pvt. B. A. Bollinger *Pfc. R. Cancio Pvt. C. M. Carroll Pfc. S. M. Cell Pvt. A. Cuttino *Pfc. L. J. Dunn Pvt. R. E. Edelman Pvt. E. A. Gademsky Pvt. C. K. Garrison Pfc. C. J. Gonzalez Pvt. M. B. Greenleaf Pvt. J. R. Guarino Pvt. G. A. Gunter Pvt. G. S. Hallas Pfc. J. C. Jackson Pvt. Q. D. Johnson Pvt. T. L. Keller Pfc. V. Khamvanh Pvt. M. J. Leach Pvt. M. A. Leibnitz Pvt. A. R. Logan *Pfc. M. S. Long Pvt. Y. T. Lor Pfc. R. E. Luna Pfc. J. E. Madrigal Pvt. J. J. Manly Pfc. S. R. Martin

Pfc. R. J. Martinez Pvt. R. A. Mason Pfc. C. J. McCuller Pvt. C. Z. Merrick Pvt. R. J. Mikita Pvt. J. M. Peterson Pvt. M. I. Phillips Pvt. S. R. Pittman *Pfc. J. A. Robinson Pvt. B. I. Rubio Pvt. C. R. Sorenson Pvt. J. R. Spellman Pvt. M. N. Spencer Pfc. R. P. Third Pvt. R. M. Zevalking

PLATOON 3234 Senior Drill Instructor Staff Sgt. K. L. Bowers Drill Instructors Staff Sqt. R. T. Gusevik Sgt. C. B. Fregoso

Pvt. J. L. Kloss

Pfc. C. P. Koeller

Pvt. S. M. Lemerond Pvt. B. A. Lemoine Pvt. C. M. Lowe Pvt. E. L. Luna Pvt. S. C. MacHale Pvt. M. M. Maliwauki Pfc. F. R. Mansera Jr. Pvt. C. Mao Pvt. J. L. Mayberry Pvt. R. R. Means Pfc. J. A. Menchaca Pvt. C. E. Neal III Pvt. A. D. Niederhauser Pfc. R. D. Parker Pvt. A. K. Peeters Pvt. T. E. Pfeiffer Pvt. S. J. Piontek Pvt. J. F. Pottratz Pvt. B. A. Prince Pvt. M. D. Ramomorales *Pfc. A. M. Ramos Jr. Pvt. R. A. Reyes Pvt. D. M. Roberts Pvt. A. J. Robinson Pvt. A. Rodriguez Pvt. E. M. Rodriguez *Pfc. S. J. Rodriguez $Pvt.\ C.\ M.\ Ross$ Pvt. J. S. Rutledge Pfc. R. B. Schiff Pvt. S. J. Schmick Pvt. N. J. Schutt Pvt. J. C. Skow *Pfc. C. M. Smith Pvt. D. M. Solis Pfc. M. D. Staats Pvt. J. S. Torres *Pfc. P. V. Tran

Pvt. A. J. Valero Pvt. J. N. Ward Pvt. C. B. Woodside Pvt. D.A. Zavala

PLATOON 3235

Pvt. B. R. Miller

Pvt. G. W. Montney

Senior Drill Instructor Sgt. J. A. Palacios Drill Instructors Sgt. R. C. Ramos Sgt. A. J. Serna Sgt. B. C. Washington

Pvt. J. F. Morrison Pvt. C. J. Myers Pvt. B. A. Nash Pvt. P. A. Neumiller Pfc. M. S. Newby *Pfc. A. P. Noble Pvt. J. T. Norton Pfc. I. D. Odaniel Pvt S .I Owens Pvt. J. P. Palencia Pfc. A. P. Palmer Pfc R R Pangelinan Pvt. L. W. Pierce Pvt. R. C. Radtke Pvt. J. N. Rivera Pvt. G. L. Robinson Pvt. D. Robledo Pvt. S. L. Rochester Pvt. R. P. Rodriguez Pvt. R. M. Rogerson Pvt. A. W. Saiz Pvt. B. J. Schwyzer Pvt. D. R. Shultz Pvt. J. R. Sleeman Pvt. J. M. Smith Pvt. L. J. Smith Pfc. L. L. Smith Pvt. J. A. Smith-Herter Pvt. A. P. Sotelo Pfc. C. B. Spackman Pvt. M. J. Stapenhorst Pvt. Z. E. Steffes *Pfc. J. B. Stevens Pvt. S. A. Sughroue Pvt. G. D. Thornton Pvt. T. M. Tilseth Pvt. H. I. Underwood Pfc. R. J. Van Koevering Pvt. A. J. Vigansky *Pfc. A. P. Villalobos Pvt. J. S. Williams Pvt. K. C. Williams Pvt. J. D. Yaeger *Pfc. K. Z. Yellin Pvt. N. A. Zamora IV

*Denotes meritorious promotion

Mothers get "Semper Fit" in strolling class

BY PFC. ALICIA SMALL Chevron staff

Marine Corps Recruit Depot San Diego's Fitness Center provides mothers a new way to get fit again every Monday and Wednesday with the Semper Fit Strollin' class.

The course began Dec. 3, and was geared toward mothers of all physical ability levels. With increasing attendance, Heather Coame, class instructor, said she plans on extending the class to more than just two days a week.

"When a woman gets pregnant she has to deal with all the changes, both wanted and unwanted, that her body goes through," said Coame, a native of San Diego. "The most unwanted change is usually the weight gain. And, although it may be easy for some, many women find it difficult to get back into shape

after giving birth to their bundle of joy."

According to Coame, there are several benefits to the women who participate in the class. Not only does it provide mothers with a way to workout and bring their children, but it gives them the opportunity to meet new people and work toward a common goal, said Coame.

"It is always easier to accomplish a goal if it is a group effort," said Shannon Berthiaume, class participant and mother of two. "That is why I like this class. We all know pregnancy and childbirth affects different women in different ways, so there are no stereotypes and nobody is looking at someone else criticizing their size, shape or abilities. We all know how important it is to help one another."

With so many children around it gives mothers a chance to share stories and kids a chance to make friends, said Judy Stevens, class participant. She

said she enjoys being able to have her children with her and at the same time be able to do something productive for herself.

The hour-long workout starts as the mothers meet and stretch in front of the fitness center. They then begin to walk or run at their own pace while pushing their children in a stroller. Along the way the mothers stop during two intervals to perform strength training exercises.

When they reach their first stopping point on the grass directly between the Bayview Restaurant and the boathouse and marina, they alternate exercises using the equipment available to them. They complete some weight-resistance training using stretchy bands and five-and-eight pound weights. Also, they jump rope and perform push-ups and lunges.

After a short run to the basketball court in front of the boathouse and marina, the mothers allow the children who are old enough to play on the playground as they continue with more training.

Picnic tables next to the court aid them in doing more pushups and different kinds of squats. Some of the children then join their mothers as they performed several stomach exercises, stretches, and yoga positions.

When the children are gathered up and back in their strollers, the mothers then finish the class by walking or running the entire distance back to the fitness center.

"The running and stomach exercises were most valuable to me because they

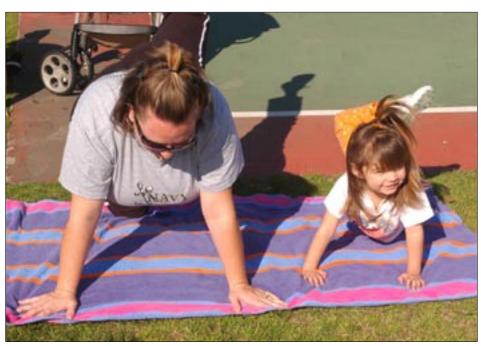
were the most challenging," said Jeri Garza, who has participated in the class since it first started.

Coame said the class has successfully grown from two people to twelve since it began, and she looks forward to its success to continue.

"I think it is great what this class provides to mothers," she said, "and I love that I can be part of it and help other women."



Heather Coame, class instructor, leads a group of mothers doing lunges as one of several strength training exercises during the class. *Ptc. Alicia Small/Chevron*



Stephanie Schultz, class participant, and her daughter, Bella Schultz, work out together during the class. Pfc. Alicia Small/Chevron



Mothers work up a sweat as they push their children in strollers on Marine Corps Recruit Depot San Diego, Calif., during the Semper Fit Strollin' class. The program is geared toward helping mothers get back into shape after childbirth. Ptc. Alicia Small/Chevron



Ultimate fighting champ gives martial arts class

Gunnery Sgt. Patrick Botello, Marine Corps Martial Arts Program instructor, puts Dean "The Boogey Man" Lister, Ultimate Fighting Champion, in an arm bar, during a Brazilian Jiu-Jitsu and mixed martial arts clinic at the depot at the Martial Arts Training Facility, Feb. 26. The clinic was held for both Marines and sailors aboard the depot, where they learned some of the movements essential to Brazilian Jiu Jitsu such as sweeps, takedowns, and submissions.

"What we learned was very similar to the Marine Corps Martial Arts Program, and I learned a lot of skills that I can incorporate into my MCMAP training," said Lance Cpl. Artur Shvartzberg, combat camera. "He showed us that the techniques are very effective, because he uses the same ones during his professional fights."

Lister, the son of a Marine, made his MMA debut in September 2000. Some of his accomplishments include two–time National Sambo Champion; four–time Machado National Brazilian Jiu Jitsu Champion; National Gracie Jiu Jitsu champion; and Abu Dhabi Superfight Absolute Champion. Lister's record is 111-12, with more than 90 of these wins by submission.

Lister teaches both beginner and advanced students at The Boxing Club in San Diego and can be seen coaching in the television show, "The Ultimate Fighter." Cpl. Carrie Booze/Chevron